

# 2 HELL AND BACK



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**Count:** 32      **Wall:** 4      **Level:** Beginner level  
**Choreographer:** Rob Fowler & Kate Sala [April 06]  
**Music:** If You're Going Through Hell by Rodney Atkins

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[Start: On vocals](#)

**[1-8] Right side rock, Cross shuffle, Side ¼ turn right, Cross shuffle.**

1,2      Rock right to right side, recover weight onto left  
3&4      Step right across left, step left to side, step right across left,  
5,6      Step left to left side, make a ¼ turn right stepping right to right side  
7&8      Step left across right, step right to side, step left across right

**[9-16] Right side rock, Cross shuffle, Side ¼ turn right, cross shuffle.**

1,2      Rock right to right side, recover weight onto left  
3&4      Step right across left, step left to side, step right across left,  
5,6      Step left to left side, make a ¼ turn right stepping right to right side  
7&8      Step left across right, step right to side, step left across right

**[17-24] Touch right side, touch left heel forward, right kick and coaster, step forward, touch step back**

1&2      Touch right to right side, step right foot next to left, touch left heel forward  
&3,4      Bring left foot back next to right, kick right foot forward  
5&6      Right coaster  
7 & 8      Step forward on left, touch right toe next to left, step back on right

**[25-32] Left shuffle back, Right coaster step, Walk clap walk clap, Left side rock cross**

1&2      Step back left, step right next to left, step back on left  
3&4      Step back on right, step left next to right, step forward on right  
5&6&      Step forward left, clap, step forward right clap  
7&8      Rock left to left side, recover, cross left over right.

**START OVER**